

RASPBERRY LEMON CUPID CUPS

Raspberry Lemon Cupid Cups

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 cupid cup)

Nutrition (per serving)

Calories: 110	Total Carbohydrate: 14
Total Fat: 3.5 g	Dietary Fiber: 0.5 g
Saturated Fat: 3 g	Total Sugars: 6 g
Sodium: 180 mg	Protein: 3 g

Ingredients

Crust

- 2 Tablespoons trans-fat free margarine, melted
- 2/3 cup graham cracker crumbs

Filling

- 1 - 8 ounce tub light whipped topping
- 1 - 1 ounce package sugar-free cheesecake pudding mix, unprepared

Topping/Garnish

- Fresh raspberries and lemon zest

- ½ Tablespoon Splenda® brown sugar blend
- 1 Tablespoon skim milk

- 2 - 5.3 ounce containers raspberry 100 calorie Greek yogurt
- 1 teaspoon fresh lemon zest
- 1 cup frozen raspberries

Directions

1. Preheat oven to 350 degrees Fahrenheit. Prepare muffin tin by placing a cupcake liner in each cup.
2. In a medium bowl, combine melted margarine, graham cracker crumbs, Splenda® brown sugar blend, and skim milk.
3. Divide mixture evenly among the cupcake liners and press firmly into the bottoms to form a crust.
4. Bake for 5 minutes, until golden brown. Let cool on a wire rack before adding the filling.
5. In a large bowl, add light whipped topping, pudding mix, Greek yogurt, and lemon zest.
6. Mix with hand mixer for 2-3 minutes, or until smooth; then fold in the frozen raspberries.
7. Divide the mixture among the baked crusts using a spoon or ice cream scoop.
8. Place in the freezer for a minimum of 1 hour.
9. Top with fresh raspberries and lemon zest when ready to serve.